



## FREE COUNSELLING & INFORMATION SERVICES

HELPING LOCAL PEOPLE OVERCOME LIFE'S CHALLENGES

Did you know prostate cancer is the most common cancer diagnosed in men in Australia?

# 1 IN 6 MEN

DIAGNOSED BY AGE 85

Over 16,500 Australians are diagnosed each year and men living in the Hunter are more likely to be diagnosed than anywhere else in NSW.

## PSA TESTS

SAVE LIVES! ASK YOUR GP TODAY

## HPCA SERVICES

The Hunter Prostate Cancer Alliance (HPCA) is a local, not-for-profit organisation that provides crucial prostate cancer services throughout the Hunter Region.

- ✔ Free counselling and support for men and their families impacted by a prostate cancer diagnosis.
- ✔ Marketing campaigns to raise awareness of prostate cancer and the importance of early detection.
- ✔ Development of community partnerships with local industry and cultural groups.
- ✔ Running free seminars for local businesses, organisations and health groups.



## LOCAL PEOPLE SUPPORTING LOCAL LIVES



### ASK YOUR GP FOR A "LITTLE PRICK"

Early detection saves lives. Ask your GP for a "Little Prick" at your next check up!

The HPCA advocates for all men to receive regular testing for prostate cancer. The Prostate Specific Antigen Test, or PSA Test, is a simple blood test that takes only a few seconds. It helps establish a baseline PSA level which can be monitored annually.

If you are over the age of 50 (or over 40 if you have a family history) ask your GP for a "Little Prick" PSA test. It could save your life.

### HOW HPCA CAN HELP YOU

Our free counselling service is available regardless of where you are on your journey with prostate cancer. Come as often as you like and talk with our qualified counsellors who will provide support, insight and information.

A prostate cancer diagnosis can turn your world upside down. Having to make an informed decision about which treatment pathway to take can be daunting. Our counsellors will take the time to get to know you and your situation. Together you can discuss:

- The latest treatment options, medications and their side-effects
- Expected outcomes and recovery pathways
- How to stay on top of your mental health and relationships
- How to manage your lifestyle to thrive as a survivor

Want to bring a friend or your family to a session? Our doors are open to all.

*Get in touch with HPCA today to book your first free counselling and information session!*



## FREE WORKPLACE PRESENTATIONS

HPCA also offers free workplace presentations to local organisations and community groups. Our presenters deliver current information about prostate cancer, the importance of testing and the latest treatment options available.

All members of your workforce are encouraged to attend. Each 30 minute presentation is tailored to the organisation and presented in an accessible, engaging way. Each session ends with a Q+A and information flyers are handed out.

For those interested in learning more, our counsellors can provide confidential, 1-on-1 support sessions following the presentation.



To register your interest in a workplace presentation, contact HPCA today!

## Thank you to our amazing supporters!

The Hunter Prostate Cancer Alliance is able to operate due in no small part to the generous donations, funding and support from local community organisations including:



Health  
Hunter New England  
Local Health District



NEWCASTLE & HUNTER VALLEY REGION



PORT WARATAH  
COAL SERVICES



HPCA IS PART OF THE



GROUP OF ORGANISATIONS